

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+



61 Durant Terrace



(860) 638-4540

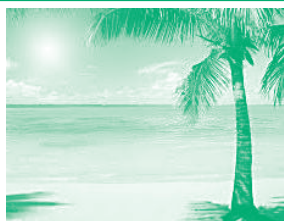
www.middletownct.gov/seniors

JUNE 2016



Summer Sizzler Party—Friday, July 15th at 5:30pm

Come kick off the summer with us! A variety of games, music, delicious grilled chicken and beef kabobs and summer “mocktails”. \$7 pre-registration is required. The entertainment is the famous duo of Brian Gillie and T-Bone known as the “Elderly Brothers”. You won’t want to miss this one!!



Polynesian Night June 10th at 5:30pm

Come and relax on island time. Enjoy games, food and music. \$7 pre-registration. Delicious Hawaiian Chicken (Boneless Thighs), Fruit Kabobs, Rice, Beverages and Dessert. Mary is back with new games and contests! Space is limited.

We Got Rhythm Show!! June 7th at 1pm

This entertaining show features singing, tap dancing, guitar, boom-ba, trumpet, steel drum, great music, lots of variety, and loads of fun! You won’t want to miss this! FREE no pre-registration required.



Rebus Puzzle Mania—June 20th at 2:30pm

A rebus is a riddle or puzzle made up of letters, pictures, or symbols whose names sound like the parts or syllables of a word or phrase. This fun, interactive event will feature teams of 2 working together to solve a variety of rebus puzzles. Come laugh, socialize, and enjoy a healthy competition with friends. \$1 to play—the fee goes towards the prize and refreshments.

Will you be
CUT CUT CUT
CUT CUT CUT

? This activity will be

FUNNY FUNNY
WORDS WORDS
WORDS WORDS

Prepare to fall

head
heels

Making Mini Zen Gardens June 22nd at 10:30am



\$5 pre-registration
required.



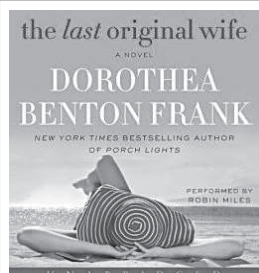
June 30th at 2:30pm

Your choice of chocolate or vanilla ice cream and a toppings bar. \$2 pre-registration required.

Hamburger / Hot Dog Cookout June 14th at 2:30pm



This month's early bird dinner is a hamburger and hot dog served with chips, a pickle and dessert.



June Book Club June 27th at 3:00pm

This month's book is "The Last Original Wife" by Dorothea Benton Frank. \$3 for the book.



Baking with Ann Thursday, June 9th 1:30pm

This month we are making cranberry bread. Since the bread has a longer cook time, please plan to stay until at least 3pm. \$3 pre-registration required.

Health Conversation June 16th at 1:30pm Hot Weather Advice/Heat Stroke

The summer is coming and it's expected to be a hot one. This conversation facilitated by Janet Leonardi, RN will give you some tips for the hot weather and how to avoid heat stroke. FREE

*Pancake
Breakfast*



Pancake Breakfast Friday, June 3rd 9:30am

Chief Kronenberger from Middletown Fire will be our Breakfast Chef whipping up a delicious batch of pancakes and sausage. He will be assisted by Wayne Bartolotta, Joe Kronenberger, and Lou Russo from Central Communications. \$2 pre-registration is required.

Enhanced Benefits Checkup Monday, June 27th



Do you need help paying for or need information on Medi-

care premiums, Prescription drugs, Food, Housing, Energy Bills, Property Tax Assistance, Veterans Benefits and other services? Take advantage of a FREE Benefits Checkup!!! Sponsored by Senior Resources Agency on Aging. Call the Senior Center at 860-638-4540 to schedule your appointment. This program will run the 4th Monday of every month.

Name That Tune Bingo!! June 21st at 2:30pm



Back by popular demand, Keith Alan will be here for Name That Tune Bingo! Sign-up early so you don't miss out! \$2 pre-registration.



Haircuts—June 24th 10-12

Generously sponsored by Euro-American Connections and Home Care in Berlin and Water's Edge Center for Health & Rehabilitation. \$3 paid to the stylist. Sign-ups open June 3rd.



June Birthday Party Monday, June 20th at 1:00pm

Sponsored by Water's Edge Center for Health & Rehabilitation. Celebrating all June birthdays. All are welcome. FREE

*Play Games!
Have Fun!*

Are You Smarter Than A Singer? Thursday, June 2nd at 1pm

This game is brought to us by Panda Home Care. James Robinson will facilitate this fun interactive game with prizes. FREE, but please pre-register as space is limited.



Senior Services Division Contact Information

Monday—Friday 8:30am to 4:30pm

Main Number:	(860) 638-4540
Fax Number:	(860) 343-5427
Senior Services E-mail:	Seniors@MiddletownCT.gov
Senior Services Website:	www.middletownct.gov/seniors
Acting Director:	Debbie Stanley (860) 638-4501
Senior Services Manager:	Ann Gregg (860) 638-4548
Senior Services Coordinator:	Heidi Geores (860) 638-4541
Senior Services Specialist:	Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer:	Laura Runte (860) 638-4542
Clerk (Rec & Community Svcs)	Vacant (860) 638-4540
Custodian/Program Aide:	John Marion (860) 638-4540
Night Custodian:	Billy Martinez (860) 638-4540
Bus Driver:	Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch:	CW Resources (860) 558-5285 (Brian)



Sing-Along with Barbara Tuesday, June 21st 12:30-1:30pm

Monthly sing-along with Barbara Arafah.

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (F)
Bingo—Wednesdays & Fridays at 1pm (\$)
Bocce—The bocce court is open first-come first-serve (F)
Blood Pressure Clinic—Thursdays 12:30-1:30 **new time** (F)
Book Club—Last Monday of the month at 2:30pm (\$ for book)
Cable TV—Anytime (F)
Card Games—Thursdays at 12:30pm & Fridays at 1pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$)
Computers—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)
Cribbage—Fridays at 1pm (F)
Dancing for Joy—Mondays at 1:30pm (F)
Exercise—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$)
Fun with Yarn—Knitting/Crocheting on Thursdays at 1pm (F)
Hearing Screening—3rd Wednesday of the month 12-1 (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$)
Meditation—Tuesdays & Fridays at 11am led by Elizabeth (F)
Middletuners Chorus Practice—2nd & 4th Mondays at 1pm (F)
Movies—Tuesdays at 12:30pm (F)
Ping Pong—Check Calendar in this newsletter (F)
Reflexology—By appointment (\$)
Reiki—2nd and 4th Tuesdays or by appointment (\$)
Sing-Alongs—Third Tuesday of the month at 12:30 (F)
Tai Chi—Mondays at 10:15am (\$)
Therapeutic Exercise—Tuesdays at 1:00pm (F)
Yoga—Wednesdays at 10am (\$)

Community Café Free Lunch Winner

Congratulations to Marlene Peichert, our May winner. Enter for a chance to win a free lunch, compliments of CW Resources.

April Brain Teaser Winners

***A copy of the answer is located on the 2nd floor bulletin board.** Phyllis Biederman, Nancy Bither, Gail Burdon, Lillie Cain, Nancy Clayton, Anamarie Cook, Edward Cook, Steven DeMaio, Elaine DesJardins, Phil DesJardin, Joe DeTullio, Edith Dubey, *Genie Dypa, Joan Fazzino, David Hetrick, Ray Hubbard, Jim Kenyon, Joan Konareski, Nancy LaChase, Angela Labriola, Stu Laribee, Sue Laribee, Annabelle Malone, Bob Merriam, Laura Nicholson, Ann Osora, Mike Puziak, Jerry Rankin, Carolyn Robinson, Mark Radziwon, Nancy Rogalsky, Bob Russo, Carol Sandor, Janet Siciliano, Chuck Stanley, Holly Taylor, Rosemarie Vecchitto, Mary Willoughby & Joyce Woodard. Congratulations to all of our winners. Please stop by the Center to pick up the June Brain Teaser.

Coffee with Ann June 17th 10:30am



Your opportunity to provide suggestions for new programs, entertainment, bus trips, etc.

Transportation (860) 347-3313

Reservations required AT LEAST 24 hours in advance. Application must be on file with Middletown Area Transit

Dial-a-Ride— 60+ The fare is \$2 one-way. In-town appointments, shopping, etc.

Enhanced Dial-A-Ride— 60+ FREE transportation to and from the Senior & Community Center.

AARP Safe Driving Class

July 18th, September 20th, November 21st 12:30--4:30 Pre-registration required. \$15/ AARP members \$20/non-members. Check made out to: AARP


Socialize & Paint Friday, June 17th at 5:30pm

This is a fun night-time social activity where you take home what you paint. Refreshments served. \$10 residents/\$12 non-residents. We will be painting a beach scene with palm tree.



Lunch Served Daily

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6 9:00 Exercise 9-3 Massage 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:30 Pizza & A Movie (playing upstairs this month) 2:00 Women's Bocce League	1 9:00-9:45 Exercise 10:00 Yoga 10:00 Women's Bocce League 12:00 Lunch 12:30 Ceramics 1-2:30 Ask An Attorney sponsored by Farrell & Grochowski, P.C. 1:00 Bingo July 2016 Bus Trip Lottery Begins Today	2 9:00-12:00 Mahjong Exercise 10:00 Men's Bocce League 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Are You Smarter Than A Singer sponsored by Panda Home Care 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing	3 9:00 Bocce Instructional with John 9:30 Zumba (DVD) 9:30 Pancake Breakfast 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club *First Day to Sign-up for June Haircuts
7 9:30 Zumba (DVD) 9:30 Walking Club (Weather Permitting) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 We Got Rhythm Show!! 2:30 Ping Pong 3:00 Men's Bocce League	8 9:00-9:45 Exercise 9-3 Foot Care 10:00 Yoga 10:00 Women's Bocce League 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1-3 Middletown On The Move Open House 1:30 AARP 3394 Membership Meeting/Picnic 7-9 Middletown On The Move Forum	9 9:00-12:00 Mahjong Exercise 10:00 Men's Bocce League 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Baking Cranberry Bread with Ann!! 2:00 Line Dancing	10 9:00 Bocce Instructional with John 9:30 Zumba (DVD) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo Upstairs 1:00 Cribbage No 1pm Card Games today due to Large Night Event 1:30 Adult Coloring Club 5:30 Polynesian Night!! July 2016 Bus Trip Lottery Ends Today	17 9:00 Bocce Instructional with John 9:30 Zumba (DVD) 10:00 Volunteer Club Meeting 10:30 Coffee with Ann 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room
13 9:00 Exercise 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 Women's Bocce League 3:00 Guided Tour of Senior & Community Center July Bus Trip Lottery	14 9:30 Zumba (DVD) 9:30 Walking Club (Weather Permitting) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 2:30 Hamburger / Hot Dog Cookout!! 3:00 Men's Bocce League	15 9:00-9:45 Exercise 10:00 Yoga 10:00 Women's Bocce League 12:00 Hearing Screening by Richard Lastrina of Beltone New England 12:00 Lunch 12:30 Ceramics 1:00 Bingo	16 9:00-12:00 Mahjong Exercise 10:00 Men's Bocce League 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Health Conversation on Hot Weather	17 9:00 Bocce Instructional with John 9:30 Zumba (DVD) 10:00 Volunteer Club Meeting 10:30 Coffee with Ann 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room

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<p>League</p> <p>July Bus Trip Lottery Winners Notified</p>	<p>20</p> <p>9:00 Exercise 9-3 Massage 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 1:00 June Birthday Party sponsored by Water's Edge 2:30 Rebus Puzzle Mania!! 2:00 Women's Bocce League</p>	<p>21</p> <p>9:30 Zumba with Briana—Registration Required **New** 9:30 Walking Club (Weather Permitting) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 12:30 Sing-Along with Barbara 1:00 Therapeutic Fitness 2:30 Name That Tune/Jukebox Bingo!! 3:00 Men's Bocce League</p>	<p>22</p> <p>9:00-9:45 Exercise 9-3 Foot Care 10:00 Yoga 10:00 Women's Bocce League 10:30 Making Mini Zen Gardens Craft with Heidi 12:00 Lunch 12:30 Ceramics 1:00 Bingo</p>	<p>23</p> <p>9:00-12:00 Mahjong 10:00 Exercise 10:00 Men's Bocce League 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 1:30 Left, Right Center Game 2:00 Line Dancing</p>	<p>24</p> <p>9:00 Bocce Instructional with John 9:30 Zumba (DVD) 10-12 Haircuts sponsored by Euro-American Home Care in Berlin & Water's Edge 11:00 Guided Meditation with Elizabeth 12:00 Lunch 1:00 Bingo 1:00 Cribbage 1:00 Card Games in Multi-Purpose Room 1:30 Adult Coloring Club</p>	<p>Additional Information</p> <p>Ask An Attorney— Wednesday, June 1st 1-2:30—Sign-up for a free 15 Minute Slot with Farrell & Grochowski</p> <p>Guided Tour—If you are interested in a Guided Tour of the Senior & Community Center, we will be hosting one on Monday, June 13th at 3pm</p>
<p>Heat Stroke</p> <p>2:00 Line Dancing</p> <p>12pm Deadline for Bus Trip Lottery Payments</p>	<p>27</p> <p>9:00 Exercise 9-3:30 Enhanced Benefits Checkup Appointments 10:15 Tai Chi 12:00 Lunch 12:30 Ceramics 1:30-2:45 Dancing for Joy 2:00 Women's Bocce League 3:00 June Book Club Meeting</p>	<p>28</p> <p>9:30 Zumba with Briana—Registration Required **New** 9:30 Walking Club (Weather Permitting) 11:00 Guided Meditation with Elizabeth 12:00 Lunch 12:30 Movie in Socialization Room 1:00 Therapeutic Fitness 2:00 The Price is Right Game Show 3:00 Men's Bocce League</p>	<p>29</p> <p>9:00-9:45 Exercise 10:00 Yoga 10:00 Women's Bocce League 12:00 Lunch 12:30 Ceramics 1:00 Bingo 2:30 Game Shows</p>	<p>30</p> <p>9:00-12:00 Mahjong 10:00 Exercise 10:00 Men's Bocce League 12:00 Lunch 12:30 Arthritis Exercise 12:30-1:30 Blood Pressure Clinic 12:30 Cards (Setback) 1:00 Fun with Yarn Knitting/Crocheting 2:00 Line Dancing 2:30 Ice Cream Social!!</p>		



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400 Saybrook Rd.
860-347-7466

(Westbrook Office)
4 Grove Rd.
860-669-5305

(East Hampton Office)
240 Middletown Ave.
860-295-6440



Bus Trips

June

2nd—Christmas Tree Shop & Cracker Barrel (10-3) \$3
7th—Foxwoods Casino (9-3:30) \$4
9th—Beardsley Zoo (9:30-2:30) \$12
14th—Main Street Mystic & Abbott's Lobster (9-3) \$4
16th—Mohegan Sun Casino (9-3) \$4
21st—Foxwoods Casino (9-3:30) \$4
23rd—Smith College Botanic Garden & Olive Garden (9-3) \$8 Springfield, Mass
28th—Brass Mill Mall (10-2:30) \$4
30th—Thimble Island Cruise & Fishtale (9-3) \$12

July

5th—Mohegan Sun Casino (9-3) \$4
7th—Roseland Cottage & Traveler Restaurant (9:30-3) \$7
12th—Christmas Tree Shop & Fishtale (10-2:30) \$4—Orange
14th—Foxwoods Casino (9-3:30) \$4
19th—Mohegan Sun Casino (9-3) \$4
21st—Thimble Island Cruise & Fishtale Restaurant (9-3) \$12
26th—Elizabeth Park Rose Garden & Red Lobster (10-2:30) \$3
28th—Submarine Force Museum & The Ancient Mariner (9:30-3) \$4

Bus Trip Sign Up Procedure

The bus trip lottery is open from 6/1 through 6/10 for July trips. No entries will be accepted after 6/10. All members selected in the lottery will be notified by 6/14.

Volunteer Club Meeting Friday, June 17th 10:00-10:30am

Come find out how you can get involved as a volunteer!

New Zumba Class—Tuesdays at 9:30

Beginning June 21st, we are thrilled to have a Zumba instructor (Briana). Sign-up for the 4 week session. FREE but pre-registration required.



The Price is Right June 28th at 2pm

Our spin on the popular game, The Price is Right. \$1 to participate. Contestants will be randomly selected from the audience. Small denomination gift card prizes. Refreshments will be served.



GAME SHOW

Game shows June 29th 2:30pm

Family Feud, Jeopardy & Wheel of Fortune. Participate or watch the game. FREE—No pre-registration needed.

Pizza & A Movie June 6th at 1:30pm

This month's movie is "Joy" starring Jennifer Lawrence, Robert Deniro and Bradley Cooper. Choice of pizza: sausage, cheese, or veggie. \$3 pre-registration required.



Left, Right, Center Game June 23rd at 1:30pm



This fun dice game is entirely based on chance. The player with the most chips will go home with a gift card. \$2 please pre-register.

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Middletown Prime Times
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July 15th at 5:30pm
Summer Sizzler Party

July 28th at 5:30pm
Crazy Bingo

August 12th at 5:30pm
BBQ/Blues Night

August 24th at 5:30pm
Rhythm/Pizza Night

Live with Laura is Back in July!
July 14th at 2:30pm

If you are interested in being considered to be a guest on our show, please talk to Laura or call her at 638-4542.



**Farmer’s Market Vouchers
Early-Mid July Start Date**

If our application is approved, we will receive the Farmer’s Market Vouchers around the 2nd week of July. \$18 booklet of checks for use at approved Farmer’s Markets. We are required to verify: proof of age (60+), proof of residency (Middletown), and proof of income (not exceed 185% of poverty income guidelines). Only 1 booklet may be issued per year.

Bocce Leagues



Men’s Leagues—Tuesdays at 3pm & Thursdays at 10am
Women’s Leagues—Mondays at 2pm & Wednesdays at 10am

Walking Club

Tuesdays at 9:30am (Weather Permitting) - Meet in the Lobby